# Protecting Adults

Reclining a seat-back so that the shoulder part of the belt no longer rests against the occupant's chest reduces the protective capability of the belt. It also increases the chance of sliding under the belt in a crash and being seriously injured. The farther a seat-back is reclined, the greater the risk of injury.

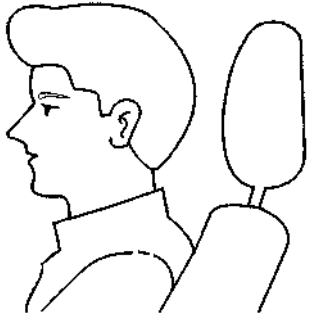
**⚠ WARNING**

Reclining the seat-back too far can result in serious injury or death in a crash.

Adjust the seat-back to an upright position and sit well back in the seat.

See page 84 for how to adjust seat-backs.

**4.Adjust the Head Restraints**



Before driving, make sure everyone with an adjustable head restraint has properly positioned the head restraint. The restraint should be positioned so the back of the occupant's head rests against the center of the restraint. A taller person should adjust the restraint as high as possible.

**⚠ WARNING**

Improperly positioning head restraints reduces their effectiveness and you can be seriously injured in a crash.

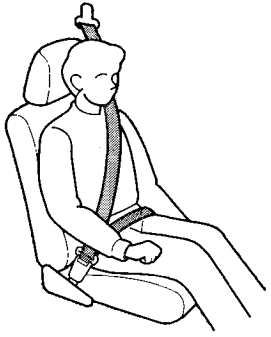
Make sure head restraints are in place and positioned before driving.

Properly adjusted head restraints will help protect occupants from whiplash and other crash injuries.

See page 88 for how to adjust the head restraints.

**5.Fasten and Position the Seat Belts**

Insert the latch plate into the buckle, then tug on the belt to make sure the belt is securely latched. Also check that the belt is not twisted, because a twisted belt can cause serious injuries in a crash.



Position the lap part of the belt as low as possible across your hips, then pull up on the shoulder part of the belt so the lap part fits snugly. This lets your strong pelvic bones take the force of a crash and reduces the chance of internal injuries.

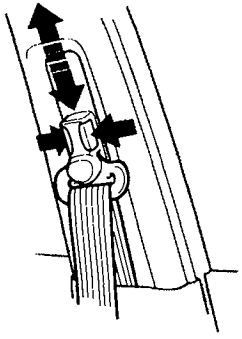
If necessary, pull up on the belt again to remove any slack from the shoulder part, then check that the belt rests across the center of your chest and over your shoulder. This spreads the forces of a crash over the strongest bones in your upper body.

**⚠ WARNING**

Improperly positioning the seat belts can cause serious injury or death in a crash.

Make sure all seat belts are properly positioned before driving.

If the seat belt touches or crosses your neck, or if it crosses your arm instead of your shoulder, you need to adjust the seat belt anchor height.



To adjust the height of a front seat belt anchor, squeeze the two release buttons and slide the anchor up or down as needed (it has four positions).

***Never place the shoulder portion of a lap/shoulder belt under your arm or behind your back.*** This could cause very serious injuries in a crash.

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